Blurred Lines



编舞者: Joachim Armbruster (DE) - July 2013

音乐: Blurred Lines (feat. T.I. & Pharrell) - Robin Thicke



[1-8] Cross, Side, Heel-Switches x 2

1, 2	Cross I F i	n front of RF ((1) Sten	R to R (2)
1, 4	CIUSS EI I		II. OLGO	1 \ 10 1 \ 121

&3&4& Cross LF behind RF (&), Touch R Heel FW (3), Step RF next to LF (&), Touch L Heel FW (4),

Step LF next to RF (&)

5, 6 Cross RF in front of LF (5), Step L to L (6)

&7&8& Cross RF behind LF (&), Touch L Heel FW (7), Step LF next to RF (&), Touch R Heel FW (8),

Step RF next to LF (&)

[9-16] Heel Grind 1/4 Turn, Coaster Step x 2

9, 10 Put L Heel FW and place weight onto it (9), 1/4 Turn L stepping RF slightly l	BW (10)
---	---------

11&12 Step LF BW (11), Step RF next to LF (&), Step LF FW (12)

13, 14 Put R Heel FW and place weight onto it (13), 1/4 Turn R stepping LF slightly BW (14)

15&16 Step RF BW (15), Step LF next to RF (&), Step RF FW (16)

[17-25] Hip-Shake, Full Turn Left, Hip-Shake, 1 3/4 Turn Right

17-19	Step LF FW,	Feet slightly apart and lower	er knees, start circling hip t	o L (17), Circle hip to R
-------	-------------	-------------------------------	--------------------------------	---------------------------

(18), Circle Hip to L making sure all weight is on L (19)

Full Turn L stepping R (20) L (&) while traveling slightly FW (technically a Chainé Turn)

21-23 Step RF FW, Feet slightly apart and lower knees, start circling hip to R (21), Circle hip to L

(22), Circle Hip to R making sure all weight is on R (23)

24&25 Full Turn R stepping L (24) R (&) while traveling slightly FW (technically a Chainé Turn), Step

LF FW and make 3/4Turn R (a 3/4 spiral) weight ends on LF, RF crossed in front w/o weight)

(25)

[26-32] Side Rock, Wave, 4 Walks

26, 27 Step RF to R (26), Recover weight onto LF (27)

28&29 Cross RF behind LF (28), Step LF to L (&), Cross RF in front of LF (29)

30, 31 1/4 Turn Left and walking two steps FW with L (30) R (31)

32& 1/8 Turn Left and stepping LF FW (32), 1/8 Turn Left and stepping RF next to LF (&)

Start again...

Contact: www.joachim-armbruster.de